Your Platelet Apheresis Donation Can Help…

An Automobile Accident Victim

- Up to 50 units of red blood cells

An Organ Transplant Recipient

- Up to 40 units of red blood cells
- 30 units of platelets
- 25 units of plasma

A Marrow Transplant Recipient

- 20 units of red blood cells
- 120 units of platelets

A Cancer Patient

- Up to 8 units of platelets per week

A Heart Surgery Patient

- 6 units of red blood cells
- 6 units of platelets

A Premature Infant

- Up to 4 units of platelets

Naval Medical Center
Portsmouth Blood Bank

Apheresis Center

620 John Paul Jones Circle

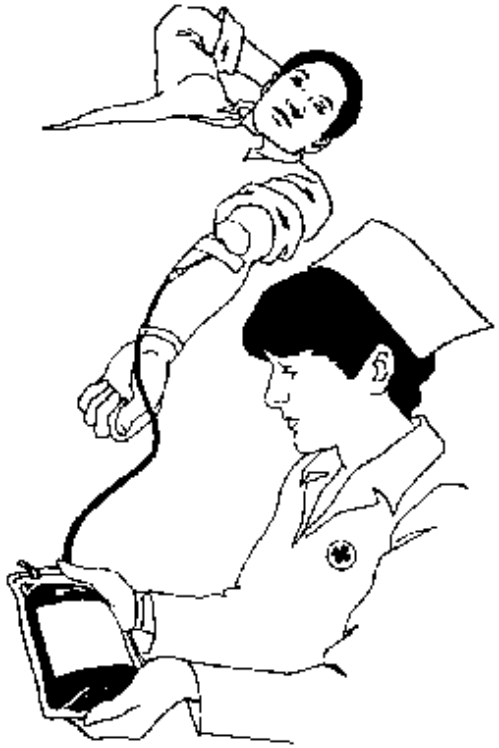
Portsmouth, VA 23708

953-1717/1730

ASBP
Armed Services Blood Program

How Your Platelet Apheresis Donation Helps

Naval Medical Center Portsmouth, VA



ASBP
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How your platelet apheresis donation will be used to help patients

Platelets are essential for blood clotting. They are routinely needed to support cancer therapy, open heart surgery, blood disorders and organ transplants. Platelets must be transfused within five days of collection, requiring the supply to be constantly replenished. Since the body replaces platelets within two weeks, our donors often donate every two weeks.

Every hour someone needs blood, yet less than 5% of the population donates blood. This is not enough.

That's why we need your help

To meet the ever increasing demand for blood, emphasis is placed upon the importance of apheresis, a donation program that will optimize each of your blood donations.

Give the Gift of Life…

Donate Blood Today

The difference between whole blood and apheresis donations

When you donate whole blood, the unit is separated into three main components: red blood cells, plasma and platelets. Surprisingly, it takes the combined efforts of six whole blood donors to produce a typical dose of transfusable platelets.

Automated blood donations, called apheresis, are the most efficient because you can give full, transfusable units of platelets in one donation. Some donors can actually provide two units of transfusable platelets in a single donation.

Benefits of apheresis donations

- The patients benefit the most because they are receiving your life-saving blood. Plus, apheresis donations ensure the components come from fewer donors.
- Families and friends of patients benefit, knowing they will share another day with their loved ones.
- You help the military community reduce healthcare costs through more efficient collection of blood products.

The apheresis donation process

During the donation process, your blood is drawn from one arm and channeled through a sterile, single-use tube set to an automated system. This system separates and collects the platelets and then safely returns the remaining blood components back to you.

A safe procedure

Apheresis collections are very safe. Like whole blood collection, the process uses a sterile, single-use needle and tubing set.

Am I eligible?

You meet the basic eligibility requirements if you:

- are at least 17 years old.
- weigh at least 110 pounds
- are in good health on the day of donation.
- have no history of exposure to hepatitis or AIDS
- your last blood was at least 57 days ago or your last platelet donation was at least two weeks ago.

What can I do to prepare?

- Get a good night's sleep.
- Have a good meal.
- Drink plenty of fluids.
- Be prepared for no strenuous activity for the rest of that day.
- Bring a list of medications you have recently taken.